

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Sixteenth Harvest: 9/16/14 & 9/19/14



## What's in the box?

Endive Frisee	Dill, <i>Bouquet</i>
Radicchio	Tomatoes, <i>mix</i>
Spinach, <i>Long</i>	Sweet Red Peppers, <i>mix</i>
<i>Standing Bloomsdale</i>	Apples, <i>mix</i>
Chard, <i>Bright Lights</i>	Onions, <i>Candy</i>
Fennel, <i>Perfection</i>	Winter Squash,
Cilantro, <i>Santo</i>	<i>REBA Bush Acorn</i>

## Harvest Forecast\* September 23 and 26

Apples	Onions	Tomatoes
Kale	Potatoes	Winter Squash
Lettuce		

\*Harvest may vary for 1 or 2 crops, determined on day of harvest

### Recipes by Crop

Recipe PDFs are online, indexed by crop, at:  
<http://casfs.ucsc.edu/community/produce-sales/recipes.html>

Newsletter archives are also available online at:  
<http://casfs.ucsc.edu/community/produce-sales/csa-newsletters.html>

## Upcoming Event

Free Docent-Led Tour  
Sunday, October 5 – 2 to 3:30 pm  
UCSC Farm & Garden

Take a free, guided tour of one of Santa Cruz's most beautiful locations – the 30-acre organic farm at UCSC. Guided tours are offered the first Sunday of the month from 2 - 3:30 pm. Free public parking available. For more information or to schedule a guided group tour, email [casfs@ucsc.edu](mailto:casfs@ucsc.edu) or call 831.459-3240.

Directions: <http://casfs.ucsc.edu/about/directions.html>



## Notes from the Field *in pictures*



## Super Sweet Canning Tomatoes

**\$15.00 FOR  
15# BOX  
AT CART**

~OR~

U-Pick \$0.90/lb.  
Friday, Sept. 14, 3-6 pm  
Please RSVP by email:  
[farmcsa@ucsc.edu](mailto:farmcsa@ucsc.edu)





## Warm Acorn Squash Salad

Serves 4

- |  |                            |
|--|----------------------------|
| 1 acorn squash cut in 4 pieces                 | <i>Vinaigrette:</i>        |
| 4 cups spinach                                 | 2 T extra virgin olive oil |
| 2 cups bitter greens                           | 2 T agave nectar           |
| 1 apple cut in long match sticks               | 1 teas. ancho chili powder |
| 1/4 cup toasted chopped pecans                 | 2 teas. freshly grated     |
| 1/4 cup salted toasted pumpkin seeds (pepitas) | ginger                     |
| 4-6 oz. goat cheese                            | Zest and juice of one lime |
|  | 1/2 teas. kosher salt      |

Place the squash segments in a baking sheet lined with parchment or aluminum foil, salt and pepper. Roast at 450°F for 25-30 minutes, checking half way to rotate the pan. Bake until fork tender.

In a salad bowl combine, spinach, greens, apples, toasted pecans, and toasted pumpkin seeds.

*Vinaigrette:* Slightly warm olive oil (warm to touch). Add agave, chili, ginger, lemon zest, juice and salt, whisk until well combined (or place into a small glass jar and shake).

Once squash is roasted, toss salad with some of the dressing, and top each acorn squash wedge with the salad.

Dress with crumbled goat cheese and drizzle a little more of the vinaigrette. Enjoy!

<http://yes-moreplease.com/>

## Acorn Squash Spinach Salad

- 2 medium acorn squashes
- 5 tablespoons olive oil, divided
- 1/2 teaspoon chipotle chile pepper
- 2 handfuls baby spinach
- 1/4 cup crumbled blue cheese
- 1/4 cup chopped pecans
- 2 tablespoons balsamic vinegar
- 1 teaspoon honey
- kosher salt and freshly cracked black pepper to taste

Preheat oven to 425°F. Cut unpeeled squash in half from top to bottom. Turn squash on its flat side and cut 1/2-inch slices and place on a baking sheet. Using a spoon, remove any of the seeds from the cut squash.

Drizzle sections with 2 tablespoons of olive oil and dust with chile pepper. Season with salt and pepper and roast for 15 minutes. Check squash for tenderness. If not tender, roast another 5-10 minutes and remove.

In a large salad bowl, toss together spinach, blue cheese, pecans and roasted squash.

Whisk together remaining olive oil, balsamic vinegar and honey. Season dressing with salt and pepper and then drizzle over the salad. Toss to combine and serve immediately.

<http://whatsgabycooking.com/>

## Roasted Red Bell Pepper Sriracha Enchilada Sauce

Makes about 15 oz. sauce

- 2 large red bell peppers
- 3 tablespoons extra virgin olive oil, divided
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1-1/2 teaspoons chili powder
- 1/2 teaspoon paprika
- 1/4 teaspoon ground cumin
- 1/4 teaspoon dried oregano
- 3/4 cup water\*
- 1 teaspoon granulated sugar
- 2 teaspoons sriracha\*
- juice of 1 lime
- salt, to taste

*Roast the bell peppers:* Preheat the broiler, and line a rimmed baking sheet with aluminum foil. Cut off the bottoms of the peppers so they're flat on the bottom, and stand them upright one at a time, cutting the sides off from top to bottom around the stem. Remove any seeds and bitter white flesh from the inside. Place peppers skin side up on pan, and broil until skin has blackened, about 12-15 minutes. Remove from pan and place in a bowl covered with plastic wrap to steam. When peppers are cool to the touch, remove charred skins, and coarsely chop. Set aside.

*Prepare sauce:* Heat 2 tablespoons olive oil in a large sauté pan over medium heat. Add onion and cook until soft and translucent, about 8-10 minutes. Add garlic, chili powder, paprika, cumin, and oregano, and sauté for 30 seconds. Add water and stir, removing any bits from bottom and sides of the pan. Bring to boil, then lower heat and add the roasted peppers, sugar, and sriracha and simmer for 5 minutes.

Place pepper mixture in a blender with the insert removed from the lid. Add lime juice, remaining tablespoon of olive oil, and salt, to taste, and puree the sauce (cover the lid opening to prevent splatters). Add more salt or sriracha, if desired, and enjoy with your favorite enchiladas!

*Notes:* \*If you like your sauce thinner, add more water (adjust seasoning as desired). More spicy? Add more sriracha! Peppers can be roasted ahead of time and stored in the fridge up to 2-3 days in an airtight container.

<http://flavorthemoments.com>

